

SSSD's Health Interventions in August

Aleppo:

The Health Directorate, in cooperation with the Syrian Society for Social Development and with support from UNHCR and UNICEF, responded to the increasing number of deaths among newborns by training a group of local community women to care for newborns at home, within the Healthy Villages Program of the Ministry of Health.

During the training, women were trained to detect risk factors in the mother during pregnancy and in the child during the newborn stage, and they were trained in basic clinical examinations to detect risk factors. Furthermore, the women were provided with equipment (a bag containing some necessary tools, a blood pressure monitor, a thermometer, a respiratory rate meter...) and were trained to conduct home visits to pregnant women and newborns, as well as to raise awareness about parental breastfeeding and the correct method of breastfeeding the child.

After the training, the trained women will act as health leaders in their villages, carrying it upon themselves to disseminate health information among the residents of the local community, direct them to health facilities and dispensaries affiliated with the Health Directorate and NGOs, and raise awareness about societal customs that affect the health of mothers and children.

The training concluded with a post-examination to evaluate the degree of the trainees' eligibility to carry out the tasks assigned to them, and the distribution of certificates of attendance to the trainees.

One of the trainees said: "If I had known all this information before, I would not have let anyone use kohl or salt for my children, and I would have cared more about breastfeeding. That is why now it has become my duty not to let a child in our village use kohl or salt, and I want to tell all the mothers this information."

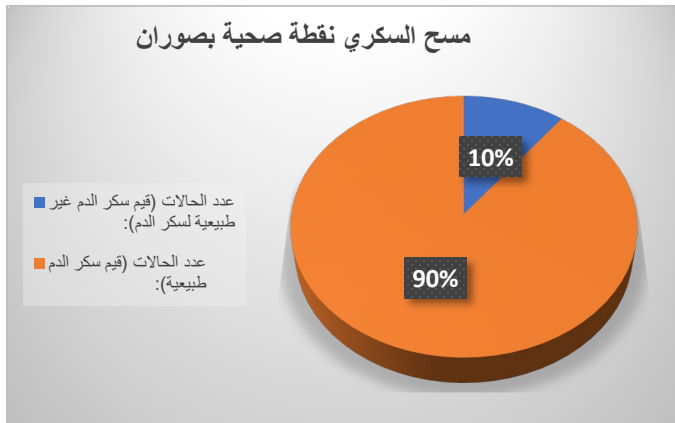


Hama

During the month of August, the health point in Suran Community Center carried out many health activities with the aim of promoting health in the region in cooperation with UNHCR. The most important of these activities are as follows:

1) Within the framework of participation in the national campaign to measure blood pressure, 3 health education sessions were implemented for approximately 61 beneficiaries, and the target groups varied between males and females. They focused on high blood pressure, its symptoms and complications, methods of prevention, the importance of lifestyle changes in controlling the disease, the importance of periodic monitoring, as well as the importance of examination to detect high blood pressure. The session took place within the health point. Also, in the International Breastfeeding Week, a health education session was implemented for about 20 beneficiaries, which focused on breastfeeding, its importance and benefits for the mother and child.

2) With the aim of early detection and prevention of disease, a health survey was carried out targeting approximately 115 beneficiaries, focusing on diabetes, within and outside the community center.



3) Within the framework of the sustainability of community health work, and with the aim of providing an organized and supportive environment where people living with a specific pathological condition can share information, find understanding, provide or receive psychological support, and thus form social intentions and contribute to improving the quality of life of individuals, the diabetes peer support group meetings continued whereby the group members shared personal experiences with diabetes, diagnosis, and difficulties faced after being diagnosed with diabetes. Furthermore, the number of group members is 8.

Homs

Qusayr HP:

- The health point team at the Qusayr Community Center, in partnership with UNHCR, held awareness sessions in which we targeted women and children in order to increase their awareness with regards to first aid in emergency situations such as wounds, bleeding, burns, suffocation by a solid object, and snake and scorpion bites, due to the great need for them and the spread of a large number of injuries.
- Awareness sessions targeting women were held and included topics such as on the health and physical effects that result from early marriage and the diseases that may result from it, anemia and osteoporosis, menstruation, and correct behavior in cases of high temperatures and pointing out some wrong practices
- The Health Directorate, in cooperation with the Syrian Society for Social Development and with support from UNHCR and UNICEF conducted a training on pregnant and newborn care. The training included volunteers from the local community, targeting 20 women who were qualified to carry out home visits to pregnant women and newborns, provide health advice, check on the health of the mother and child, and measure the child's temperature, weight, and breathing, and when to make referrals.
- As part of the national blood pressure screening campaign, the health point team conducted a health survey targeting residents of the region over the age of 40, and conducted awareness sessions in this regard.

Hosn HP:

Because together we contribute to building community health, the SSSD health team, in cooperation with UNHCR, participated in the blood pressure measurement campaign entitled "For Every Heartbeat," which was launched by the Health Directorate during the month of August.

The latter included measuring blood pressure for patients visiting the point and visitors to the community center Furthermore, health education sessions were carried out, as well as home visits to families within the local community and the delivery of awareness messages about high blood pressure (its symptoms, causes, and the importance of following daily lifestyle methods that reduce the possibility of contracting it and its complications, and the importance of constantly measuring blood pressure), in addition to the contribution of volunteers from the Home-

based Newborn Care Program in measuring blood pressure for women in the community.

Among the distinguished activities during this month, which occurred during the World Breastfeeding Week, was meeting with the volunteers of the Home-based Newborn Care Program and delivering necessary messages about the importance of breastfeeding and the benefits it brings to the breastfeeding mother and child, who in turn participated in disseminating these messages to women within the local community.

